

October 2014

DSDHH Newsletter



19th Year

Robert G Sanderson Community Center
of the Deaf and Hard of Hearing
5709 South 1500 West Taylorsville, UT 84123-5217

Help the DSDHH Newsletter go GREEN!

Please go to our website,
www.deafservices.utah.gov and click "Subscribe
to Newsletter" to be added to our email blast list!
Beginning with the newsletter in April, we will only
continue to mail a printed newsletter to those who
do not have access to email.



This information, presentation, class or other activity is provided at the Sanderson Community Center for interested individuals. The Sanderson Community Center staff encourages participants and individuals to consider all options and experiences and does not endorse nor recommend this specific information, presentation, activity or any individual class, product or service.

JUST LIKE AUTUMN LEAVES, DSDHH IS IN FOR CHANGES.

BY MARILYN CALL, SCCDHH DIRECTOR

October is my favorite month of the year! I love the harvest fruits and vegetables, the crisp cool air after the hot, hot summer and it's also the birthday month of many of my favorite people (including me).

Autumn brings many changes into our lives. Changes are also happening at the Div. of Services to the Deaf and Hard of Hearing (DSDHH). One big change happening at the Sanderson Center is Eleanor "Eli" McCowan's will be retiring on October 16, 2014 from DSDHH. Eli has worked at the Sanderson Center for almost 15 years. Some of her best accomplishments or new ideas have been:

- Started the Deaf and Hard of Hearing Festival (DHHF) in Utah. She brought her experience from Kentucky and showed us how to do it in Utah.
- Established weekly dog training classes for individuals to train their pets and practice trained service animal training.
- As DSDHH's liaison with the Utah Association for the Deaf (UAD) Eli's accomplishments included serving as chairperson for their 100th anniversary.
- Served as the committee chairperson coordinating volunteers for the 2007 World Deaflympics in Salt Lake City, Utah.
- Served as a key planner for the Renaming Ceremony when the Utah Community Center of the Deaf and Hard of Hearing was renamed the Robert G. Sanderson Community Center of the Deaf and Hard of Hearing.
- Coordinated many activities, workshops, classes at the Center in addition to the annual Bazaar, which has been held biannually (every two years) since the DHHF was developed a few years ago.

- Worked to expand the volunteer program and renamed it the "Golden Hearts" program.
- Coordinated many senior tours from Peach Days in Brigham City, visits to museums, movies and points of interest, silver mine tours in Park City, and the Castle Valley Pageant performance to name a few.
- Organize Day Camp week-long and Teen Camp overnight activities encouraging youth who are Deaf and Hard of Hearing to learn appropriate social behavior, learn about science and nature, support community services, donate time and effort back to the community, and have fun in a safe, barrier-free environment.

We wish Eli the best and most fulfilling years of her life as she retires. Please take a moment to recognize her for her efforts. Eli plans to stay involved with activities in future as a volunteer.

C.S. Lewis said, "There are far better things ahead than what we leave behind."

This year's Bazaar will take place on November 7-8, 2014. There is still time to sign up for booths to sell your creations on a first-come, first serve basis by the October 23 deadline. There will be no charge for a table or booth this year.

We are changing the schedule of our Deaf and Hard of Hearing Festival (DHHF) for the next 2 years:

2015 – Bazaar in November

2016 – DHHF in September.

Planning for the future Town Hall meetings and Strategic Planning meeting:

It has been over five years since our last Strategic Planning event. Changes in technology, cultural and economic changes continue to challenge us in what and how we do things and DSDHH. Come and contribute your hands and voices to what you want to see in DSDHH's future. Town Hall meetings will take place at the dates and locations below and everyone is welcome:

October 9, 6:30-8:30 pm – Southern Utah Deaf and Hard of Hearing Program in St. George

October 16, 6:30-8:30 pm – Sanderson Community Center in Taylorsville

November 14-15 will be the Strategic Planning meeting by invitation.

Be sure to complete the survey on-line if you can't attend one of these town hall meetings. See Joene Nicolaisen's article in this newsletter for the link and further information.

I like this time of year. Clocks turn back, pumpkins appear on porches and darkness makes every home a glowing well of light.

We Need YOU!

by Joene Nicolaisen, Program Director

What a busy summer and fall we have had! Usually the summers and early fall are a quiet time here, not so this year! The Sanderson Center has been buzzing with events and activities. We had the annual Children's Day camp, Lance Allred Basketball Clinic; over 250 people attended the ASL movie "Beyond the Embers", to raise money for JMS. Our ASL classes and been very popular as well as other classes such as Empowered Deaf Parenting classes and the Rhythm and Dance class! These are the types of events that the Sanderson Community Center was created for – a barrier free place to learn and enjoy. Robert Sanderson would have been delighted to see all the action! To keep these and other events/activities going we need your ideas!

It has been over five years since the Division of Services to the Deaf and Hard of Hearing has done a strategic plan. Compared to five years ago, so many things have changed how people do things, how we get information and how we connect to

each other. It is time to create another plan that will guide us on how to better serve our Deaf and Hard of Hearing Community with the changing times! We need your feedback and ideas!

To help us gather information for the strategic plan, we will be hosting two Town Hall meetings very soon. One will be at the St. George office on October 9, 2014 from 6:30 to 8:30 PM. The second one will be in Taylorsville at the Sanderson Center on October 23, 2014 from 6:30 to 8:30 PM.

You might ask, "What is a town hall meeting?" It is a forum where people come to share their ideas for improving current and future services and programs. "Why is it important?" The Sanderson Community Center and Southern Utah Center were created to serve our community. It is important for us to know what works, what could be improved on and what new programs to develop to meet your needs. Please join us for these important meetings. Light refreshments will be served. Thank you!

[\[CLICK HERE\] Townhall Info in ASL](#)

<http://youtu.be/giton1Qt9K0>

Social Media is hot, Hot, HOT!

BY RON NELSON, ELECTRONICS SPECIALIST

DSDHH is using Internet social media such as **Facebook**, **Twitter** and **YouTube** to communicate with the Deaf and Hard of Hearing communities about its programs and services.

When was the last time you visited the **DSDHH Website** at **www.deafservices.utah.gov**?

Did you know that DSDHH has a **YouTube** channel with a long list of ASL and captioned videos?

If you have a Facebook account, have you thought about a **"like" of the DSDHH Facebook?**

Do you want to get Twitter tweets about DSDHH activities?

Here are some interesting milestones about the Internet. It might bring back memories for some of you.

1969 - CompuServe was the first major commercial Internet service provider in the United States

1971 - The first email was delivered.

1984 - The Prodigy online service was introduced.

1985 - The America Online (AOL) service opened.

1989 - CERN started working on the World Wide Web.

1993 - CERN donated the WWW technology to the world. The first graphical browser, Mosaic, and Web pages as we know them today were born.

1994 - People were referring to the Internet as the Information Superhighway.

1998 - Google opens as a major Internet search engine.

2001 - Wikipedia, the online encyclopedia and world's largest wiki, was started. Apple started selling iPods.

2003 - MySpace. Another social networking website, was launched. Apple introduced the online music service iTunes.

2004 - Facebook was started.

2006 - MySpace was the most popular social networking site in the U.S. Twitter was launched. Facebook membership was opened to anyone over age 13.

2007 - Apple released the iPhone multimedia and Internet smartphone.

2008 - Facebook surpassed MySpace

2009 - Unfriend was the New Oxford American Dictionary word of the year. It's estimated that a quarter of Earth's population used the Internet.

2010 - Apple released the iPad tablet computer with advanced multimedia and Internet capabilities.

The Internet had surpassed newspapers as a primary way for Americans to get news

2011 - Public sharing of so much personal information via social media sites raised concern over privacy.

2012 - Almost a third of young adults ages 18-24 use social media in the bathroom. Seventy percent of YouTube traffic comes from outside the U.S.

2013 - YouTube topped one billion monthly Facebook user total climbed to 1.11 billion.

2014 - Some 85 percent of the 7.1 billion people in the world have access to the Internet.

For the first time, more new Internet users ventured online with a mobile device – smartphone or tablet – than with a PC.

About 25 percent of the world's total population uses social media.



Classes for Tinnitus available State-wide in Utah

Tinnitus curriculum has been developed by demand by hard of hearing people who are tinnitus sufferers. It is complex to understand what tinnitus is. The information of this curriculum will cover basic information about causes and possible solutions for tinnitus. Sanderson Center now offers a four-week of 1.5 hours classes.

Tinnitus may be a symptom of something gone wrong in your auditory system. It's a noise that begins as a result of a middle or inner ear disorder. Sufferers can hear sounds like ringing, buzzing, roaring. Tinnitus does not cause hearing loss nor does hearing loss cause tinnitus. But hearing loss and tinnitus can, and often do, go together. There are hearing people who suffer tinnitus but tinnitus is most commonly associated with inner ear hearing loss.

The four- week class offers:

1. Discuss the facts, definitions, and sounds of tinnitus
2. Understand the many causes of tinnitus
3. Cope with stress of tinnitus. There are some class exercises of stress management and relaxation.
4. Learn about habituation and personal management. You can learn about how to sleep better, how to deal with tinnitus all day and night, and understand how mindfulness can help.

Contact Robin Traveller if you are interested in this class by emailing her at rtraveller@utah.gov. Hard of Hearing Assistants are located throughout Utah. Classes can be set up near your home location.

Living with Hearing Loss

Communication, the human connection, is the key to personal success.

Join us for a six week educational class about how you live with your hearing loss.

Tuesdays

Sept 23 & 30, Oct. 7, 14, 21, 28, 2014
10a-11:30a

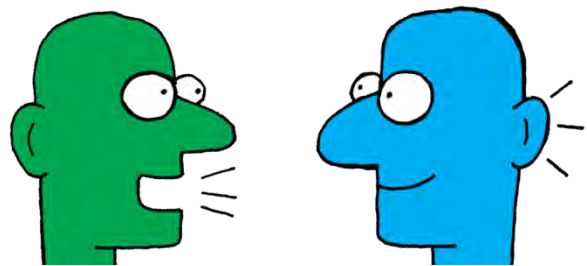
Location

The Autumn Glow Activity Center
81 East Center Street
Kaysville, UT 84037

Contact

Julie Parker at 801-544-1235
Or juliep@co.davis.ut.us
for more information.

free!



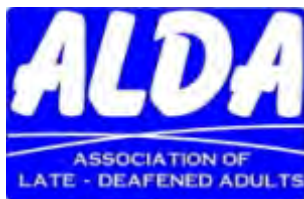
Topics covered:

- ❧ Understand your hearing loss
- ❧ Make changes in communication
- ❧ Reduce communication breakdowns
- ❧ Learn coping strategies
- ❧ Learn about assistive listening devices available
- ❧ Improve relationships

Spouses and friends are encouraged to attend

Assistive listening devices are available if requested in advance.

Hard of Hearing Support and Self-Help Groups



Association of Late Deafened Adults (ALDA) - is for people who have become deaf later in life and use visual cues rather than amplification alone to understand speech. The website address is www.alda.org



Hearing Loss Association of America (HLAA) - holds its bimonthly meetings which focus on topics ranging from coping strategies, feelings of isolation, employment issues, and assistive technology. The Utah's chapter website is www.hearinglossutah.com. The National HLAA website is www.hearingloss.org



Say What Club (SWC) - is online forum that provides access to people who know the feelings, frustration and even humor. The website is www.saywhatclub.com

Free Legal Advice

Talk private with lawyers from the Utah Legal Services if you have concerns about:

- Employment discrimination
- Social Security issues
- Food stamps
- Medicaid/Medicare
- Landlord/Tenant Issues
- Discrimination
- Divorce
- Custody
- And other issues



**Interpreters will be provided.
Tele-conferencing is available throughout the state!**

When: October 8, 2014 (Every 2nd Wednesday of each month)

Where: Sanderson Community Center of the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville, UT 84123

Time: 3:00 PM – 5:00 PM

Appointment is required. Please contact Laurie Bishop by October 3 at 801-657-5209 (vp) or email at lauriebishop@utah.gov.

Any ADA accommodations need to be requested when making an appointment.



Speech Reading

Learn:

- Non-verbal communication
- Awareness of speech clues
- Understand phonetics 7 homophones
- Speech Development
- Non-verbal drills

Free class!

Join us twice a week class on beginning speech reading.

When? Classes will be Monday and Wednesday evenings from 6:00-7:30 starting October 15 and ending on December 10, 2014.

Where? At the Sanderson Center for the Deaf and Hard of Hearing. 5709 South 1500 West in Taylorsville.

For more information, contact Chelle George at chellegeorge@utah.gov

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Sign Language Class



Join Us!

For CASE: Conceptually Accurate Signed English

On Wednesdays starting Oct. 8th ending Nov. 26 from 10 am-12:00

A slow paced class that covers:

- ✓ Alphabet
- ✓ Animals
- ✓ People
- ✓ Colors
- ✓ Questions
- ✓ Holidays & Religions
- ✓ Preposition & Locations
- ✓ Home & Community
- ✓ Quantity, Thoughts & Emotions
- ✓ Time, Seasons, Weather & Verbs

At the Sandy Senior Center
1300 East 9310 South
Sandy, UT 84094



Contact Autumn Donovan for more
information at 801-561-3265



Come dance with Miss Ann!!!

RHYTHM and DANCE



Ages: 6-10 years (Girls & Boys – deaf, hard of hearing and hearing)

When: Thursdays for 10 weeks

Dates: September 18 – November 20

Time: 5:30 – 6:30 p.m.

Where: Sanderson Community Center for the Deaf and Hard of Hearing
5709 South 1500 West, Taylorsville

Cost: \$10.00 (please attend all 10 lessons)

Register: dsdhhregistration@utah.gov - a registration packet will be mailed to you – return with check or money order made payable to SCCDHH or pay at the front desk of SCCDHH before September 12th

On the last class, November 20th, the children will do a special performance. Family and friends are invited. Refreshments will be served



Wear comfortable clothes or leotards. We will dance with bare feet!

Miss Ann Brown

- BFA in Modern Dance
University of Utah
- MA in Modern Dance
Brigham Young University
- Miss Ann is excited to work with children at the Sanderson Community Center for the Deaf and Hard of Hearing because she has participated in SCCDHH programs with her own hearing loss.
- Although she is currently retired from 42 years of teaching dance, her background includes teaching with her Aunt Virginia Tanner's Creative Dance Program and the Children's Dance Theatre, teaching at BYU and directing her own company.
- The class objective is to move freely, with the gift of one's own imagination—each child being praised for individual strengths.

Circle of Friends

2014 Fall Activities

**Sanderson Community Center of the Deaf & Hard of Hearing 5709 S.
1500 W., Taylorsville, UT**

Contact Rosa Maria: VP 801-590-4888 or Text 801-815-6139



Halloween Party

Saturday, October 18, 2014 ~ 10:00 am to 2:00 pm

Wear costume ~ Play games ~

Learn to cook and serve fun and spooky refreshments

Thanksgiving Celebration



**Saturday, November 14, 2014
10:00 am – 2:00 pm**

**Training provided to properly prepare,
serve a meal of Turkey Sandwiches,
and cleanup.**



CIRCLE OF FRIENDS

(Meet at the Deaf Center First)

Holiday Party

10 am to 3:00 pm

at

Ella & Roger Williamsen's Place

Dinner

Exchange Gifts



Under \$5.00

***Contact
Rosa Maria
at 801-590-4888***

We need YOUR SUGGESTIONS IDEAS FEEDBACK !



Town Hall Meeting

Help us create NEW service programs for the FUTURE for YOU and the COMMUNITY!

October 23, 2014

6:30PM to 8:00PM

What is a Town Hall meeting?

People from the community come together to share their ideas for improving current and future services and programs.

Accommodations: This meeting will be conducted in ASL & Voice Interpreters and CART.

Watch our Vlog with Joene and Marilyn:

<http://youtu.be/giton1Qt9K0>

Any Questions:

Contact Joene Nicolaisen jfnicolaisen@utah.gov

**Sanderson Community Center
for the Deaf and Hard of Hearing
Lecture Hall
5709 South 1500 West
Taylorsville, UT 84123**

REFRESHMENTS WILL BE SERVED!

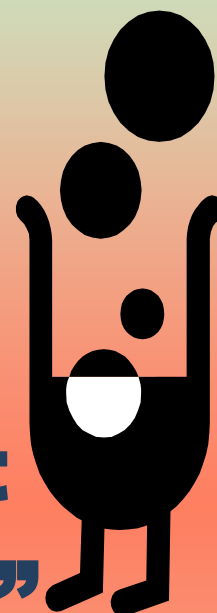
www.deafservices.utah.gov



Annual Fall

**Sanderson Community Center
of the Deaf & Hard of Hearing
5709 South 1500 West,
Taylorsville, UT**

**Explore a variety
of vendors for great
“One of a Kind Gifts”**



November 7th: 5 pm–9 pm

November 8th: 9 am–3 pm

**Booth application online at
<http://bit.do/bazaar2014>**

**More information available, call us
801-657-5200 (VP)**

Living With Hearing Loss

The single biggest problem
in communication
is the illusion
that it has taken place.

George Bernard Shaw

Free class!

Join Us for a **6** week class

Topics covered:

- ❖ Understand your hearing loss
- ❖ Make changes in communication
- ❖ Reduce communication breakdowns
- ❖ Learn coping strategies
- ❖ Learn about assistive listening devices available
- ❖ Improve relationships

**Thursdays Nov. 6, 13, 20 &
Dec. 4, 11 & 18th
From 9:30a-11:00a**

Location:

Mount Olympus Senior Center
1635 East Murray-Holladay Rd
Salt Lake City, UT 84117

Contact the Mt. Olympus
Senior Center
385-468-3130
for more information



Schedule of Events

Oct 3: Volunteer pre marathon event
See flyer and ask us!

Oct 4: St. George Marathon

Oct 8: ASL Senior Social 50+ 11am

Oct 9: SUDHHP Town Hall 6:30

Oct 11: EIPA Terp Time 9am

Oct 11: Dixie Outdoors ASL Club (DOAC) Hiking day 10am-2pm at Johnson Canyon trail.

Oct 13: Office Closed Columbus Day

Oct 24-25: Spooky Town Festival @ Town Square St. George Ut
SUDHHP will have a booth there, come check us out.

Oct 30th: ASL Trunk or Treat at the SUDHHP parking lot. Come dress up and dress up your car!!
5-6pm



OCTOBER 2014

"OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING BY PROVIDING EDUCATION, ADVOCACY AND ACCESSIBLE SUPPORT SERVICES"



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Come Volunteer For Pre marathon Event	4 FYI St George Marathon
		ASL Classes Continues...	ASL Classes Continues...	C.C. ASL Classes Continues...		
5	6	7	8 ASL Senior Social	9 SUDHHP TOWN HALL	10	11 EIPA Terp Time Hiking with DOAC
FYI: Senior Games next two weeks, http://www.seniorgames.net/						
12	13 OFFICE CLOSED COLUMBUS DAY	14	15	16	17	18
			FYI: Senior Games http://www.seniorgames.net/			
19	20	21	22	23	24	25
					Spooky Town Festival!	
26	27	28	29	30 ASL Trunk Or Treat 5pm	31 Halloween	

For Statewide activities, checkout www.uad.org
For more information on state services www.deafservices.utah.gov
Checkout our Facebook page:
"Southern Utah Deaf and Hard of Hearing Program"

***** PLEASE NOTE *****
Remember to always RSVP to reserve your spot at any of the activities.
Let us know if you need any ADA accommodations when you RSVP.
Thank you.

SOUTHERN UTAH DEAF AND HARD OF HEARING PROGRAMS 1067 E. TABERNACLE, SUITE 10 ST GEORGE, UT 84770
(435) 673-8974 VOICE (435) 216-9305 VP SUDHHP@UTAH.GOV



VOLUNTEER

<https://www.youtube.com/watch?v=aP3TgigBy9s>



Link to Facebook Vlog

When: Friday Oct 3, 2014 1:00-5:00p and/or 5:00-10:00p

Who: YOU! Deaf Community! Fun People!

Why: Show your passion, commitment and support for St. George

What: Stuff Goodie Bags (1:00-5:00p) or Work the Registration Table (5:00-10:00p) (interpreters available)

Where: Dixie Center 1835 S Convention Center Dr

Volunteer at http://www.stgeorgemarathon.com/volunteer/form_2014.php

See Youtube <https://www.youtube.com/watch?v=aP3TgigBy9s>

for more information or call 435-673-8974

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Southern Utah Deaf & Hard of Hearing Program Town Hall

Find out what's new

We want to hear from you!

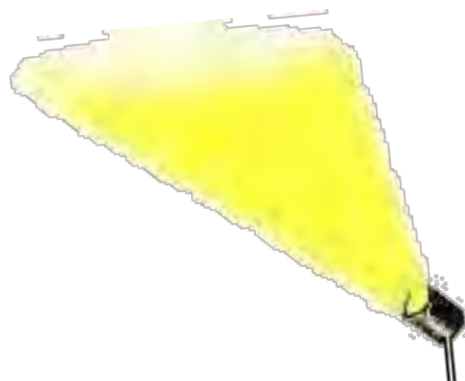
Yummy Refreshments Provided

Who will SUDHHP SPOTLIGHT this year?

October 9th, 2014

6:30pm

@ 1067 East Tabernacle #10
St. George Utah



Provided in ASL and
CART (Captioning)



Support your
local ASL
clubs

ALL ages invited!

Join Us For

Trunk
or
Treat



October **30th**

5-6pm

Dress up you

AND

your car!

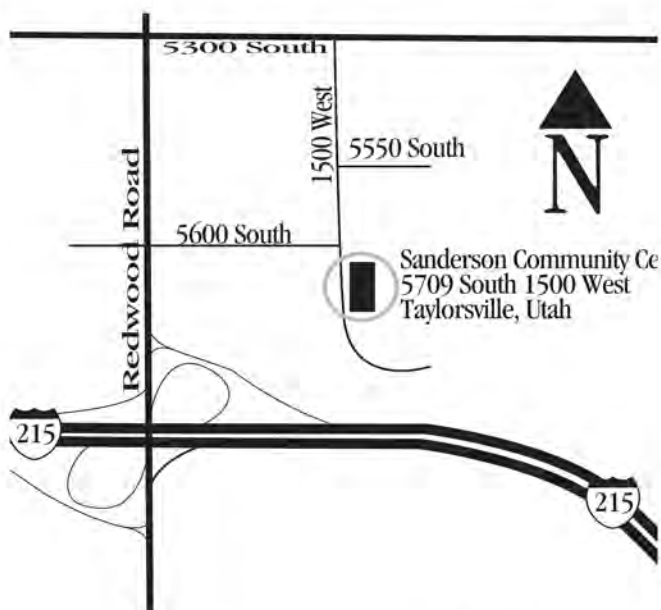
Where: Southern Utah Deaf &
Hard of Hearing Office

(1067 E. Tabernacle, #10) Parking lot

Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West
Salt Lake City, Utah 84123-5217
RETURN SERVICE REQUESTED

PRSRT STD
U.S. POSTAGE
PAID
SALT LAKE CITY, UT
PERMIT NO. 4621



Map To DSDHH

For information regarding deadlines and submission of
flyers, please contact us at: 801.657.5200

Did You Know?

You can also view this newsletter and other current
information online at:
WWW.DEAFSERVICES.UTAH.GOV

Mission Statement

*To provide opportunities and programs to individuals who are deaf or hard of hearing which
enhance or maintain the skills necessary to fully participate in their employment, family and community.*